

NEWSLETTER

PPG Newsletter | ppg.wwgp@gmail.com

Practice Update

Welcome to the summer edition of the PPG newsletter! By now most of you will have received an update from the practice regarding the procedure for speaking with the medical team and accessing appointments. This information is also on the website (<https://www.westwirralgrouppractice.org.uk/clinics-services/appointments/>) and the 'highlights' are summarised below.

The Practice is doing its best to keep everyone up to date on the changes so please bear with us as we all adapt. However, please do not attend the surgery unless requested to by a GP or Nurse.

The practice has switched to e-Consult but please don't worry if you don't have a means for accessing this system. If you need to speak to a Nurse or GP either complete an e-consult form https://westwirralgrouppractice.webgp.com/react-consult-general-advice?codeName=GEC_GEN#EC or telephone the surgery where one of the admin team will complete an e-consult form for you.

A GP or Nurse will telephone you to discuss your problem and if necessary, they will book an appointment for you to attend the surgery.

You must be wearing a face covering before entering The Warrens. Face coverings cannot be provided by the surgery. On entering the building, sanitise your hands and stop at reception where your forehead temperature will be recorded to ensure that it is below 37.8 °C.

Follow the one-way system as instructed by the receptionist. You must leave the building immediately after being seen by the clinician. If any follow up is needed the you must go to your car or return home and ring reception to organise this. You cannot arrange follow-up via the front desk.

Remember, receptionists can no longer book face to face appointments, booking is via e-consult instead. Anyone entering the surgery without an appointment will be turned away.

Prescriptions

Please do not use e-consult for prescriptions. Please do not attend the Warrens with enquiries regarding your prescription. Please telephone or use the email facility instead WICCG.WWGP-prescribing@nhs.net.

Request your prescription up to 7 days before it is due and allow 48 Hours (excluding weekends and bank holidays) for it to be processed.

Patient Participation Group

If you have any articles for the next newsletter or if you are interested in becoming a patient representative, please contact the Patient Participation Group either by email (ppg.wwgp@gmail.com) or by post addressed to: Patient Participation Group, c/o The Warrens Medical Centre, Arrowe Park Road, Wirral, CH49 5PL

Meet the Team

Dr. David Kennaugh (GP)

I was brought up and went to school locally. I enjoy travel, languages and sport. Music is a particular passion for me and I play the piano and guitar. I'm delighted to have joined the team at WWGP.



Charlotte Knowles (Trainee Practice Manager)

Hi I'm Charlotte but everyone calls me Charlie, I have been at West Wirral Group Practice since April 2020 and I am really enjoying it. I have a passion for Business and Management and I enjoy cooking and interior design as a hobby on the side. I have come from a pharmacy background but was ready for a new experience here at WWGP.



e-Consult: A GP's View

I remember grumbling about the very first introduction of computers to general practice. Every consultation took us few minutes longer as, suddenly and for the first time, doctors' notes became not only legible but comprehensive; no longer aide memoires for the individual GP but a proper record that could inform any other doctor. I continued to whinge; until a wise colleague pointed out that it was happening – so just get on with it! The same could be true of many of the innovations over the last 40 years, most of the changes have proved beneficial for the patients but still leaving me a bit wistful for “the good old days” when we had time for a cup of tea with a patient when out on our house visits (yes GPs often used to see people in their own homes).

And so to the latest advance, e-consultations. The option had been around for some time but Covid-19 has made this a vital tool if we are to manage the inevitable changes. From the outset we realised that the GP surgery, until we get that decent vaccine, could easily become a dangerous place to visit with a high risk of poorly people passing on their germs. So we have been battling to keep physical contacts down to the safest minimum. One important element of that is the e-consultation. It is a little like a GP version of 111 with a list of questions that helps the clinician quickly understand what the problem is, how best to handle it and who would be best dealing with it. So questions about medication may be best dealt with by our newly appointed pharmacist with all their expertise, maybe a nurse or a doctor.

For the doctor it means that we are already aware of the difficulties the patient is experiencing and also what they hope we can do about it. We have a chance to look at the relevant bits of their previous records, hospital letters, lab results, medication etc, so hit the ground running. Occasionally all that is needed is a text reply, some may need to be linked up for a video consultation but most commonly we can start the process with a phone call. If it becomes clear that face-to-face contact is needed then we can arrange for the patient to attend, in a car, a consultation in our well ventilated and easily sanitised tent or, occasionally, an examination in the doctor's consultation room.

It may not be what we are used to, and a far cry from the good old days, but it seems to me to be a very sensible and safe way to continue giving a decent level of care in these complicated pandemic days. So please bear with us and, for the thankfully few who have started to be rude to our staff, try to understand that these new ways of working are essential in the present climate and we are doing our best to adapt. Your patience is appreciated.

Dr. Alan Johnston

e-Consult FAQs

What is eConsult and how does it work?

eConsult is a proforma that can be completed by the patient via the patient's computer or smartphone. The proforma allows the patient to describe the problem/symptoms in written format replacing the need for patients to verbally share the same detail over the telephone with a receptionist. The more detail given the better. The eConsult proforma is sent to the Practice.

The eConsult system means that the patient no longer has to telephone the surgery to book an appointment and the requests can be sent electronically to the Practice 24 hours per day, 7 days per week and 365 days of the year.

Where a patient is unable to access the internet or vulnerable, the reception staff can complete the eConsult form on behalf of the patient.

Once the patient has filled in the form, what happens once it reaches the surgery?

When the eConsult proforma is received at the Practice (whether it be sent by the patient or completed by reception on the patient's behalf), the patient will receive an automated email/text to acknowledge receipt. eConsults are received throughout the day and during out of hours. Members of the Admin team open the eConsult inbox periodically throughout the day. They filter those that can be signposted to a Nurse/other Agency/Pharmacist/GP. The eConsults then appear in the inbox for the Nurse/Pharmacist/GP.

When the clinician has opened and read the eConsult proforma the clinician will instruct the reception team of what needs to be done for that patient. For example, the clinician might want to speak to the patient, there could be a prescription generated or there could be a referral generated for the patient. Where the clinician wishes to speak to the patient, the reception team are tasked with organising a telephone appointment.

From the telephone appointment, if the clinician feels that they need to see the patient face to face then the clinician will instruct the patient to come up to the surgery that day or some other mutually agreed time.

Are incoming eConsult forms viewed by the Practice over the weekend?

eConsults that come in over the weekend are not viewed by the Practice until Monday morning but the patient's acknowledgment text tells them that they can expect a response by Tuesday at 6.30pm.

Does the Practice see the forms and the outcome when a patient is directed to another service? How is this monitored?

The Practice receives documentation if the patient has been referred to out of hours, 111 usually the next day. If a patient is admitted to hospital it can take much longer for the Practice to receive notification. All documentation received from other Agencies are filed in the patient notes. If that information needs to be followed up then the clinician follows up on this.

At what time does the surgery review eConsult forms each day?

The staff start at 8am (7am on Mondays) and finish at 6.30pm. They are accessing the inbox throughout the day. Forms received after 6.30pm won't be accessed until the following morning. If received after 6.30pm on Fridays, the eConsult forms won't be accessed until Monday at 7am. That said we do have some staff who have kindly said that they are prepared to come into work on Saturday and Sundays from time to time if it will help throughput.

If a GP decides that a patient needs to be seen again in a week or a fortnight, how does this work?

The GP would organise this.

Will some patients, who may be working and are not allowed to take personal calls while working, be able to request a date and/or time for an appointment/call-back?

If the patient supplies their availability on the eConsult proforma the Practice will do their best to work with that detail.

Do patients with complex conditions see the same doctor for each follow-up appointment?

Not necessarily. Continuity is important to the Practice but it is not always possible for the same GP to be available every time. The patient can certainly express their wish to see the same GP when they complete the eConsult proforma and the Practice will do their best to accommodate this but, in just the same way as when requests were being taken by phone, this can not always be achieved.

Some patients using a phone may not have the facility to print out their form, how are they able to see what they have written?

The patient should place a tick at the box where it asks if the patient wishes to retain a copy by email.

Is there anything patients should not use eConsult for?

The eConsult proforma is designed for non-acute conditions. The algorithm filters out those conditions/symptoms where a patient should see urgent care and eConsult advises the patient what to do next. This could be for the patient to ring 999, ring 111 or to telephone the surgery.

What happens if a patient is reporting on more than one condition which may or may not be linked? Do they have to fill in more than one form?

This will depend on the conditions ticked. eConsult instructs the patient what to do next based upon the answers given.

If a patient has mental health problems and needs an urgent appointment, how is this dealt with?

Vulnerable patients requiring urgent help are advised by telephoning the surgery.

If the eConsult form tells the patient to contact NHS 111, which the patient does and then NHS 111 tells the patient to contact the surgery, do patients then have to fill in another eConsult form?

There are a number of slots automatically made available to the 111 service each day. If 111 feel that patient ought to consult a GP then 111 has the facility to directly book that telephone slot on behalf of the patient.

If a patient needs an appointment with a nurse how do they make an appointment?

Send an eConsult requesting an appointment with the nurse.

Should patients use eConsult when their "annual review" is due?

Yes, if the Practice hasn't contacted the patient first.

Will patient's medical records show each form that has been filled in and the outcome?

All eConsult proformas are stored in the patient record with any subsequent consultations/medication completed by the clinician.

Is eConsult quick to complete?

eConsults can be quick to complete. As patients, the more the system is used, the quicker we are able to navigate the system. If an eConsult proforma takes as long as 15 minutes to complete then the patient should weigh this up against how long it might have taken them to get through on the telephone prior to the service going live, and how many failed attempts to get through by telephone too.

Social Prescribing: there's another way to help you feel better

What is social prescribing?

We know that many of life's problems can make us feel unwell. Improving your lifestyle or taking control of a practical problem can be very challenging and people often feel daunted at the prospect of change and don't always know where to start.

Social prescribing link workers help give you the confidence, encouragement and support you need to make and sustain changes that will help you to feel better in yourself.



Alastair Crammond



Leah Morris

Our Social Prescribing Link Workers, Alastair Crammond & Leah Morris, are here to help and support you to look after your health and wellbeing. Part of a team working across Healthier West Wirral, they will listen carefully and help you get the advice and support you need.

Who would benefit?

You could benefit from social prescribing if:

- You are feeling low, isolated, anxious, stressed or depressed
- You have a practical problem and you don't know how to deal with it (housing, money, welfare, access to food or prescriptions)
- You would like to make some changes to your lifestyle habits
- You would like to meet new people or have a regular place to go each week for company

How it works

Simply speak to your GP or nurse and let them know that you'd like to speak to a social prescribing link worker. They will put you in contact with Alastair and Leah who will make an appointment at a time and date that is convenient for you to:

- Discuss your problems or concerns
- Explore what is important to you
- Agree your goals
- Find local services and support and help you to access them.



Normality After Lockdown - The Magic Three

Reproduced with permission of Sean Orford (Consultant Psychotherapist, WUTH)

After prolonged lockdown many of us will be suffering from what I have come to know as 'Lockdown Syndrome'. This involves common symptoms that we might overall term as 'Stress'. Let's go through these and see what we can do about them.

Daily patterns and routines

We are all creatures of habit. Our days, weeks and months have a rhythm that create our feeling of normality. During lockdown we tend to look at what we are unable to do rather than what we could be doing. For most people the first response to lockdown was fear and uncertainty. Next came the phase of 'Oh, this is interesting I can now catch up of all those things, jobs around the house, books and box sets etc, that I have been meaning to do for ages'. At about the fourth week mark this changed into frustration and cabin fever. The key to surviving and coming out of lockdown is re-establishing our daily patterns and rhythms. This begins with sleep.

How has your sleep pattern changed during lockdown?

To enable us all to get back to normal we need to rebuild our sleep pattern. We all need different amounts of sleep but what neuropsychology tells us is that if you get less than seven hours you are probably suffering from **anxiety** and if you get more than nine you are probably suffering from **depression**. Sleeping seven to nine hours means that you are emotionally balanced neither anxious or depressed. Getting a good nights sleep is essential for our physical and emotional health.

What time do you naturally wake in the morning?

Lockdown sleep patterns are like holiday sleep that lead to us going to bed and getting up later. After all there is nothing to do, no work to go to, nobody wants anything and nobody needs anything, the routine has gone. Prolonged holiday sleep in lockdown can start to become disordered. As it extends and we get up later and later the amount of hours that we are sleeping often increases and that can lead into, or be symptom of, depression. Remember once you start having over nine hours sleep a night depression can begin.

Getting a proper nights sleep is essential for our health and disturbed sleep can lead to deeper and more profound psychological and medical health issues. Sleep scientists tell us that the magic three for total health are **sleep, nutrition and exercise**. I would add in that we also need to be leading the sort of life that makes us feel happy, interested, valued and worthwhile.

Nutrition - How has your eating pattern and diet changed during lockdown?

In the NHS we started to look at the effects of lockdown as 'hunky, chunky or fat' depending on whether or not people kept moving and what they were eating and drinking. To get back into a pre-lockdown diet we need to go back to regular meals at regular times, stop snacking and attend to portion size. Alcohol sales have rocketed during lockdown which will be building more problems for the future.

Sunlight, food and the carb cycle

Serotonin is produced in the brain and regulates our sense of wellbeing. When serotonin is low we become depressed or feel down. Antidepressants work because they raise the level of serotonin and make us feel better. Vitamin D, that we mainly get from sunlight is the precursor of serotonin in the brain. A lack of sunlight means a drop in serotonin. SAD syndrome, that people can get in the winter months, is due to the lack of sunlight and low vitamin D. In lockdown, unless you have been able to spend time in a

garden in the sunlight, the chances are that your vitamin D levels are low. If you are lacking vitamin D you maybe feeling flat or down or even depressed. While you can take supplements to increase your levels of vitamin D there are some foods that have high levels that will help but getting outdoors in the sunlight really does help.

How much weight have you put on in lockdown?

Carbohydrates

We now know that when we eat carbohydrates our level of serotonin rises. When serotonin is low we naturally self medicate by eating more carbs in the form of chocolate, biscuits, chips and so on. The **carb cycle** is when we eat carbs because we feel bad, then put on weight, look in the mirror and feel worse and so we eat more carbs to make us feel better.

Exercise - How has your exercise varied since lockdown?

During lockdown many people have taken to doing online exercise classes with people like Joe Wicks. Even Mr Motivator and The Green Goddess have made a come back. Keeping your body moving for some part of the day has a direct effect on your brain. If you raise your heart rate for twenty minutes your brain will respond by releasing the happy endorphins in your brain. We used to say that you would need to do exercise for twenty minutes three times a week. Now we say that we all need to do at least thirty minutes every day. Lots of people also concentrate on getting in their ten thousand steps a day, which is not so easy in lockdown.

The magic three out of balance

When we lose our natural rhythm of the magic three the following are common consequences.

High blood pressure

This can come from stress, lack of sleep and increased consumption of caffeine and alcohol and a reduction in exercise.

Mood changes and disorders

Often driven by boredom, anxiety and depression we can start to develop a short fuse, become irritable and intolerant. This can be associated with angry outbursts and we have seen an increase domestic violence and abuse during lockdown.

Inflammation

Disturbed sleep can lead to inflammation in the body tissues. Constant inflammation can exacerbate arthritis and rheumatism and lead to general aches and pains.

Confusion

Memory loss, especially short term, are commonly associated with disturbed sleep, poor diet and lack of exercise. Some people talk about brain fog or brain freeze.

Muscle tension

We can feel stiff and develop aches and pains in our muscles and joints. This can be both from disturbed sleep and from lack of exercise.

Getting back the rhythm

If we going to make it out of lockdown and back into the normal rhythms of our everyday lives of work, family, school, socialising etc., we will need to start with getting our sleep pattern right. This means avoiding media and devices like televisions, phones and tablets prior to bed time and going to bed on time.

Sleep rhythm

We need to move our sleep pattern back to where it used to be. The easiest way to do this is to set your alarm and get up at your normal time, even if you feel really tired. This has the effect of making us want to go to sleep earlier. As long as you keep getting up to your alarm your pattern will shift back to normal fairly quickly.

Exercise rhythm

If your sleep pattern improves you will have more energy and be more able to do more exercise. Even if you are doing armchair exercises as long as you raise your heart rate for twenty minutes you will feel the effect on your brain.

Diet rhythm

Have a good look at what you are putting in your mouth each day during lockdown. Try to get back to the three meals a day. Check out your snacking and the levels of alcohol and caffeine that you are using.

Weight awareness

Getting the magic three back under control will directly affect your weight. You might have a target that you want to aim for. Sometimes having a goal can be helpful.

Have some fun

The last thing that we need to be aware of is boredom. Life can be pretty bleak when we lose interests and our ability to have fun. Socialising, even online, can keep us connected and enable us to feel that we are a part of something. Perhaps we need a hobby, do some studying, join a society, learn a new language. Whatever it is that keeps you engaged and interested it will help you normalise your natural rhythms.

Mindfulness - The ability to live in the present

Mindfulness is a bit of a buzz word at the moment. Mindfulness exercises are normally seen as a form of meditation. While it is true that meditation does make you more mindful you do not have to meditate to be mindful. If you are interested in Mindfulness there are many free resources that can be accessed online.

Rumination

Whether in or out of lockdown our mind is like a monkey that if left unattended will throw bananas at us. This is when we ruminate and go over and over things in our mind.

What we think about we bring about

If we keep focussing on negative things then, guess what? We feel negative. We could be ruminating on anxious issues, fear, joys, happiness. Whatever we focus on we create more of...

What you feed grows and what you starve dies

Sometimes, to break a negative thought cycle, we need to do something different and have some fun.

Take care and sleep well and get back into your rhythm.

If you have any articles for the next newsletter or if you are interested in becoming a patient representative, please contact the Patient Participation Group either by email (ppg.wwgp@gmail.com) or by post addressed to: Patient Participation Group, c/o The Warrens Medical Centre, Arrowe Park Road, Wirral, CH49 5PL

Attending Clinics & Hospital Appointments at Arrowe Park and Clatterbridge Hospitals

Many procedures paused during the pandemic are now resuming and the Trust has circulated information to provide reassurance and to detail the steps they are taking to reduce the infection risk for people visiting hospitals for appointments.

For some specialties video and phone consultations are being offered. However, there will be times when patients need to attend clinics for diagnostics and treatment. All patients are issued with relevant information with their appointment letter, detailing the steps in place and what to expect when they come for their appointment.

Following the advice issued by Public Health England, the measures below are in place at Clatterbridge and Arrowe Park Hospitals:

- Social distancing measures have been implemented. Patients and other members of the public are expected to attend hospital wearing a face covering, but a face mask will be provided to them if necessary. They are asked also to use hand sanitiser as they enter the hospital.
- Visiting restrictions remain in place in the hospitals - apart from in exceptional circumstances such as end of life, maternity appointments and for patients with learning disabilities.
- All staff at the hospitals are expected to wear surgical masks inside the hospital. They must not arrive on site, or leave the site, in their uniform.

In addition to these actions which apply to staff, patients and all other visitors, there are further measures for patients attending outpatients' clinics. The clinic staff will be wearing the recommended PPE: face mask, apron and gloves.

- If a patient has been placed in a shielded group, they should inform the hospital prior to the appointment so that it can be arranged at a suitable time to ensure their protection.
- To be able to maintain the Government's COVID-19 social distancing policy, patients should try to attend their appointment on their own if possible and at the requested time. They may have one person with them if they are receiving test results.
- The capacity of the waiting rooms has been reduced and the chairs are socially distanced to ensure safety. Patients may be asked to stay in their car until a safe space becomes available.
- If ambulance transport home is required - patients will be placed in a suitable waiting area that will comply with social distancing rules.

These measures have been put in place to reassure patients who need to attend hospitals for appointments or other procedures.

Flu Vaccination Clinics

This year due to the Covid-19 pandemic there will be some slight changes to the flu vaccination clinics. The clinics will be held outdoors, either in the green tent or under the canopy at the front of the building and will operate one-way systems.

The clinics are starting on Saturday 12 September for the over-65s with clinics for the under-65s commencing in October. Clinics will be all day on Saturday and some early morning or late evening appointments will also be available.

Text messages will be sent to those eligible to remind patients to book an appointment.

Cycle to Work (or Just Cycle...)

Now, more than ever, we need people to cycle. The bicycle is an alternative to public transport, it reduces the risk of COVID -19 transmission and is an all-round great way to travel.

Starting with 'Cycle to Work Day' on 6th August and throughout the month we are reminding you of the little things you can do to increase your activity, even if you're working from home.

Our social prescribing link workers are here to support you to keep fit and healthy and to help you get out in your community more.

If you'd like to start improving your physical and mental health this month, please speak to your GP for a social prescribing referral.



Now, more than ever, we need people to cycle. The bicycle is an alternative to public transport, it reduces the risk of COVID -19 transmission and is an all-round great way to travel.

Starting on 6th August with 'Cycle to Work Day' and throughout the month, we're reminding you of the little things you can do to increase your activity, even if you're working from home.

Our social prescribing link workers are here to support you to keep fit and healthy and to help you get out in your community more.

If you'd like to start improving your physical and mental health, please ask your GP for a referral to a social prescribing link worker.

**CYCLE TO
WORK**
~~WHO? WHAT? WHERE?~~
DAY

Wirral 
Social Prescribing Scheme

Find out more at
www.lovetoride.net/cyclescheme

**THURSDAY
6TH AUGUST**



Activity Corner

Doctor's Doodling

To see another side of Dr. Alan Johnston's talents see the slightly eccentric craft demonstration aimed at the younger generation here: <https://www.youtube.com/watch?v=OOOEIP7wKEo&feature=youtu.be>
The craft activities start after about 5 minutes.

Quiz

What comes next in the following sequences?

1. Kings Cross Marylebone Fenchurch St ?

2. Education Control Classroom ?

3. 10 20 50 ?

4. Fan Importance Husband ?

5. What is the answer?

If $X + X + X = 30$

And $Y + Y + X = 20$

And $Z + Z + Y = 13$

What is $X + Y \times Z = ?$

Where in Wirral are these located?

6. Oldest standing building in Merseyside

7. Running track used for the 1924 Olympics in the film Chariots of Fire

8. Grade 2 listed drinking fountain erected 1901 to commemorate the death of Queen Victoria

9. Former bear pit attraction opened 1894 near a long-gone ferry landing stage

10. Statue commemorating a Wirral-born WWI poet

Answers on page 13

Let's Doodle.....

Unfortunately, due to Covid-19 and the need to ensure procedures are in place to protect staff and patients at the Warrens, the Create & Chat group is still not able to meet. Like many other groups in Wirral and across the country (and the world?), its members have not been able to get together since March earlier this year.

The benefits of being creative, however, are still to be gained. Whether you have been to the group before or not, some of you may already be busy creating masterpieces or just messing about - both can be just as enjoyable. Whether you are creating, what might be, traditional art or enjoying a different type of hobby - from embroidery to building a train set in your shed - or perhaps painting the shed itself, you can be helping yourself feel better!

I often like to sit and just doodle. Sometimes, just putting repetitive marks down on paper can help the mind relax (if you don't get stressed about having to make sure it's done 'properly', or worry about being 'as good as someone else'). I am not a psychologist, but I do support the idea that doodling can benefit mental health and sometimes can even help release trapped internal feelings.

But doodling doesn't have to be done with a particular objective in mind - why not do it just for the sake of doing it!

There is a vast array of doodling ideas for those who have access to the internet to look at, but sometimes so much choice can feel overwhelming. So, here is an idea to start off with...

TRIANGLES OF WIGGLES

Put a dot in the middle of a blank piece of paper. Start small if it feels more comfortable for you. Draw wiggly lines from the dot to the edges of the paper to create several wiggly triangles.

Now draw lines parallel to each other within each of the triangles. These lines can be curved or wiggly (no straight lines are necessary) until you fill in each triangle.

Why not try using different types of pencils and/or pens, and/or vary the colours, spacing or thicknesses of the lines in the different triangles? ... it is up to you.

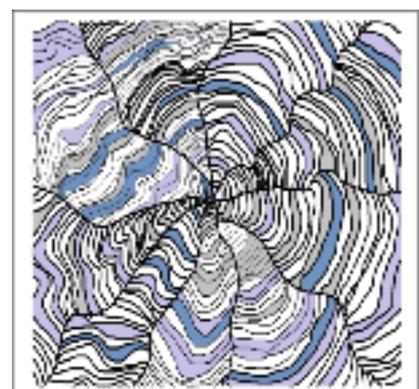
Just relax: Focus on drawing the lines until you fill in the whole page and see what you get. Once the lines are all done, you could colour some of the shapes in and get a different effect.

It might look something like this:



Or not!

It doesn't matter.



Your creation will be as unique as you are.

Debbie Simnor (Create & Chat Group)

Quiz Answers

1. **Liverpool St** - Station on Monopoly Board
2. **Alone** - Ending word of first four lines from Pink Floyd's 'Another Brick in the Wall'
3. **£1** - British coins 10p, 20p, 50p, £1
4. **Earnest** - Last word of titles of plays by Oscar Wilde in order of production:
Lady Windermere's Fan, A Woman of no Importance, An Ideal Husband, The Importance of Being Earnest
5. **19** (X = 10, Y = 5, Z = 4)
6. **Priory Street, Birkenhead**. Now surrounded by factory units and shipyards, the remains of Birkenhead Priory are recorded in the National Heritage List for England as a designated Grade I listed building, and it is a Scheduled Ancient Monument. Founded in 1150, the monks of this Benedictine monastery looked after travellers for nearly 400 years and supervised the first regulated 'Ferry 'cross the Mersey'.
7. **The Oval in Bebington**. The original eight-lane running track was originally paid for by Lever Brothers in the 1920s. In the film, it represented the Stade Olympique Yves-du-Manoir.
8. **Promenade by Hoylake RNLI station**. The cast iron structure has an openwork canopy on four columns over a shallow bowl. Decorative details include round relief plaques of Queen Victoria and a top-mounted crown. After years of weather corrosion, the Victorian drinking fountain was restored to its former glory in 2011 thanks to a £25,000 grant. The structure was originally manufactured in Glasgow.
9. **In Eastham woods**. The former Eastham Ferry landing stage used to bring visitors from Liverpool, and was closed 1894 when the Manchester Ship Canal opened and industrialised the area.
10. **Hamilton Park, Birkenhead**. Wilfred Owen was killed in action one week before the Armistice in 1918. The memorial shows an exhausted World War One soldier and was unveiled in on 4 November 2018 to mark the 100th anniversary of Owen's death.